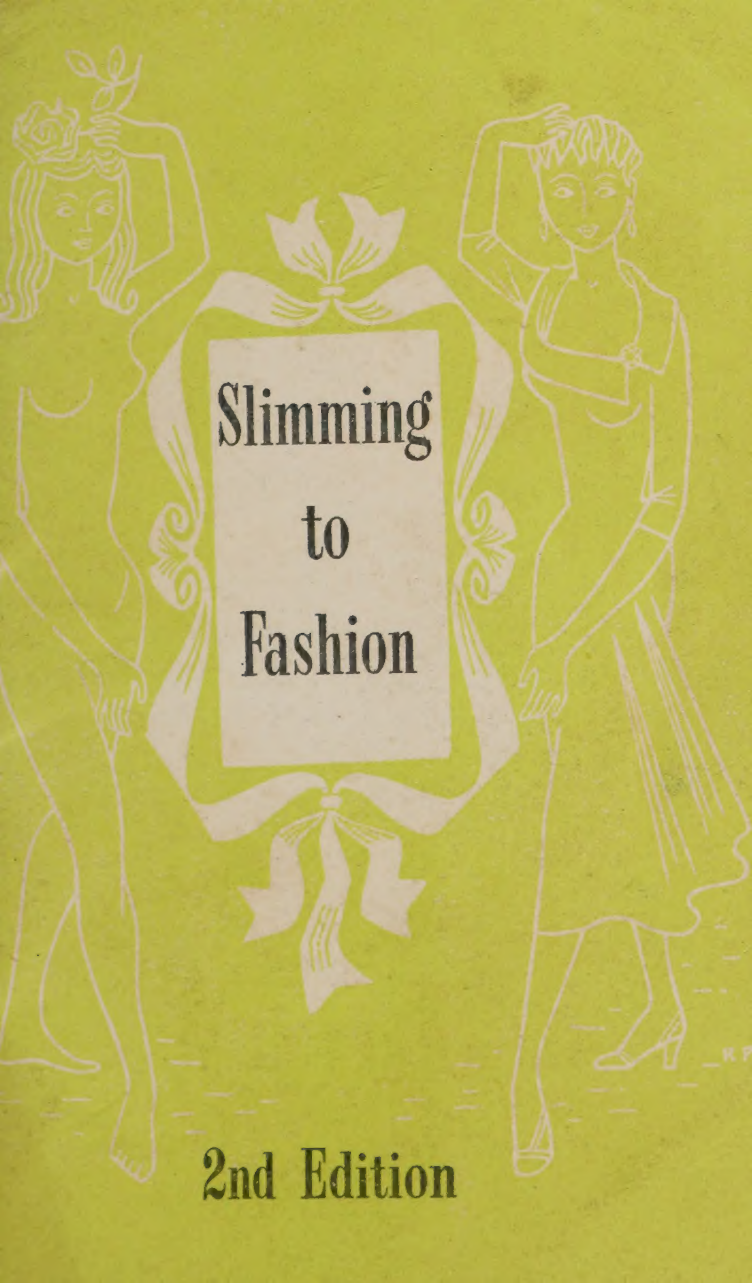
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Slimming to Fashion

(SECOND EDITION)

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Issued by the makers of Ryvita

Soft rounded shoulders

Moulded ribs

Slender long waist

Gently curving hips

Slender thighs

THE NEW FASHION LINE

AND YOU

Guide to the New Fashion Line

This spring's line gives no room for complacency to the not-so-slim. Essentially, it keeps close to last year's revolutionary line: slender curved and very feminine.

Shoulders stay soft and rounded and if anything even more slim than before. Necks are horseshoe, collars full and flamboyant, sleeves narrow and bracelet length. Busts keep proudly high and firm; and moulded midriffs lead naturally into long slender waistlines. Waists stay where they should be. Skirts? No change to speak of. Many are pencil slim, many are finely pleated, all are more or less fixed at 15 inches from the ground.

All in all, this year gives us a clean-cut line sweeping unbroken downwards, holding close as a second skin to the figure.

Facing facts

Make no mistake about it. This line is a very

lovely line—and a very demanding one. You can't afford fat on the arms. Or the ribs. Or the waist. Or the thighs. No fat, in fact, anywhere.

Can you really look yourself in the eye and tell yourself your figure is that perfect? If you can, then the rest of the book doesn't really concern you. If you can't, read on and learn something greatly to your advantage.

Helping you help yourself

The very idea of slimming frightens some women. They look upon it as a hard, long, unpleasant job. *They are very wrong.* Slimming need not be any of these things. What is important is the way you approach the matter.

The essential thing is being firm-minded. If you decide to slim—however you do it—slim *thoroughly*. But please remember that exercising to get slim doesn't mean getting absolutely exhausted. And remember, too, that dieting doesn't involve starving yourself. Both are miserable and drastic ways of tackling your problem. And both are wrong.

In this book we advise you how to lose weight naturally, enjoyably and scientifically. Follow our instructions and you will find your health and figure improving—but not at the expense of your temper!

A brilliant jumper suit with exuberant white collar. Note the moulded corset line and pencil slim skirt. Note also the little toque worn fashionably straight and forward.

A flower-print cocktail dress in silk. Lacing at midriff stresses moulded line. A special feature is the fichu of organdie— now high fashion.

A charming two-piece all-day dress. In cotton—now very much the thing. The slim jumper line moulds figure from bust to hip. A new spring fashion favourite is the fuller skirt with pleats.

A fine wool two-piece
to wear day in, evening out.
Note fashionable battle-dress
blouse, pencil slim skirt
and flamboyant taffeta collar.
Small sailor hat
is worn straight and smart.

Dressing to look Slim

After seeing the lovely new spring fashions and reading about them, there's no doubt about the next step. You will want to wear them. But here, perhaps, is a snag.

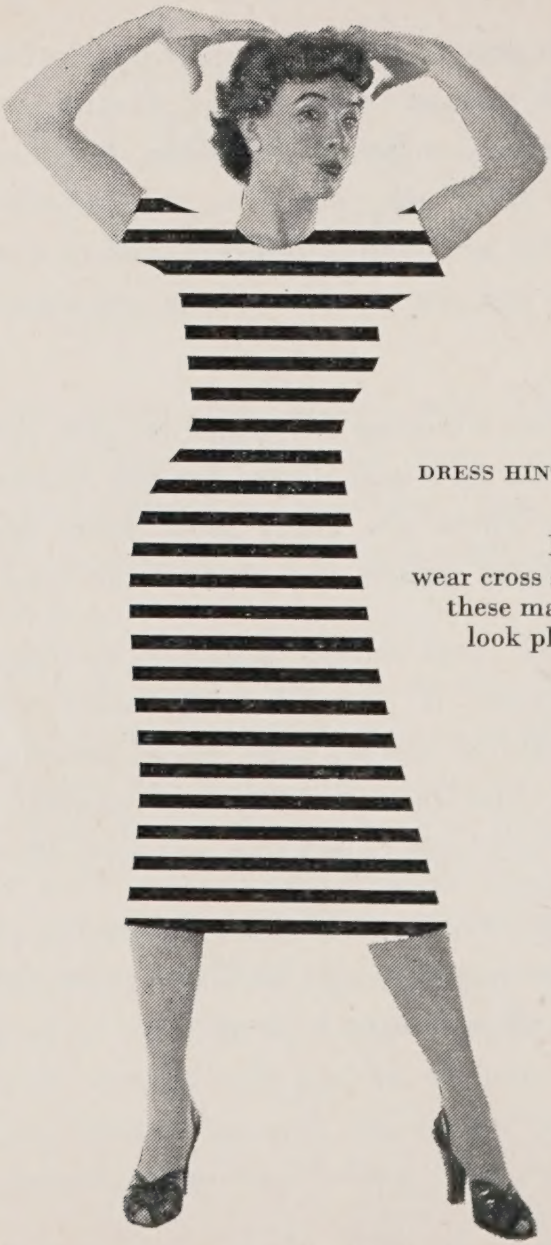
All these clothes are for women with slim, natural figures. And, in your heart of hearts, you may know you are not one of these fortunate people. Yet, even if you aren't, do not automatically give up hope. Simply reconcile yourself to your limitations. Realise that, because your figure is what it is, a good number of lovely clothes will not be suitable for you. They will only show up, even emphasis, your bad points. Take very

great care to avoid wearing such clothes. Stick instead to those that flatter your figure and make you *look* slim. But how, you may ask, can you tell whether clothes are of the flattering kind or not? Well here we are able to help you a good bit.

On the following few pages we give just 4 dress do's and don'ts for the not-so-slim. There are many more hints like these, of course. But these 4 are basic.

Follow them closely, and stick to them. However, if you want to wear the 'forbidden' clothes very much, face one fact. And face it fairly and squarely. You will have to get slim and keep slim.

If you are determined on this course of action turn to page 24. There you will learn all you want to know.



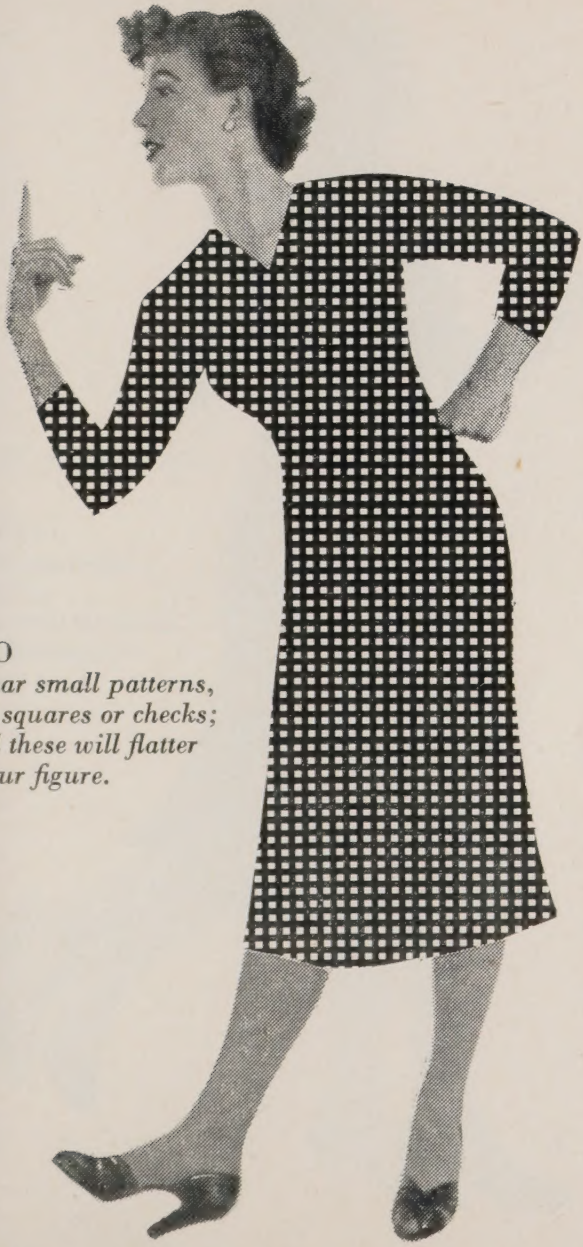
DRESS HINT NO. 1

DON'T
wear cross stripes;
these make you
look plumper.

DO
pick stripes up and down; these make you look slimmer.

DRESS HINT NO. 2

DON'T
wear large patterns of any kind; these will make you look larger than you are.



DO
wear small patterns, or squares or checks; all these will flatter your figure.

DRESS HINT NO. 3

DON'T
wear unpressed
pleats;
these accentuate
your hips.

DO
choose pressed pleats;
these are neat and slimming.

DRESS HINT NO. 4

DON'T
wear a close-fitting coat with your skirt; it doesn't help your figure.

DO
wear a loose,
full coat;
it's much more
slimming.

Exercising to get Slim

THE CORRECT POSTURE
Page 25

REDUCING SHOULDERS AND UPPER ARMS
Pages 26-27

FIRMING THE BUST
Pages 28-29

STREAMLINING THE DIAPHRAGM
Pages 30-31

SLIMMING THE WAIST
Pages 32-33

TAILORING HIPS AND THIGHS
Pages 34-35

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Pages 36-37

THE CORRECT POSTURE

Your outline depends on how you stand and move. Look at the illustrations below and you will see (in fig. a) the bosom sags, the waistline thickens and you are nearly an inch shorter. Being out of balance the weight of the body will strain and broaden the hips and thicken the legs and ankles.

Stand up straight but relaxed (as in fig. b) on the balls of the feet. Slacken the knees, tuck in your tail and pull the bust well out of the rib-cage with shoulders loosely back. Hold your head well up with eyes level. This will throw your balance correctly onto the ball of the foot. Your tummy will now be flat, your waist and torso pulled out and slimmed and your bust raised. Practise this posture whenever possible.

REDUCING SHOULDERS AND UPPER ARMS

The shoulders and upper arms tend to get fat if they are not exercised. Use the whole arm when pushing such things as a Hoover or pram. Too many people push only from their elbows.

Exercise 1

Lie flat on the floor on your back. Place finger tips to shoulders, with elbows tucked in at the ribs. Raise the elbows up in the air, then spank upper arms and shoulders on the floor. Repeat 5 times. Keep finger tips on shoulders, bring the elbows up as near the ears as possible, then spank on the floor as before. Repeat 5 times.

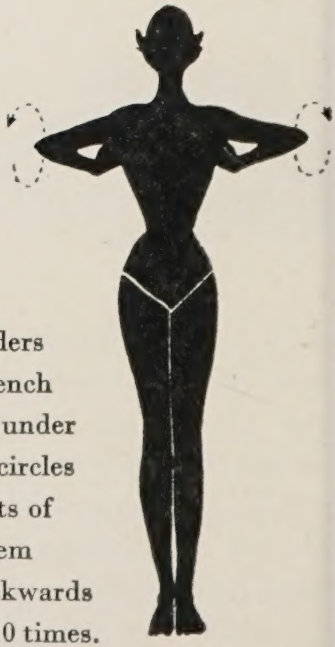
Exercise 2

Sit on the floor with your legs crossed in front of you. Hold your body erect and swing both arms over the head. Keep your arms, head and body in a straight line, then bend forwards allowing your back to curve, so that your spine forms a bow. Straighten up again. Take care that your arms remain beside your ears during the exercise. Repeat 20 times.

FIRMING THE BUST

Keep the shoulders well back to avoid a concave chest, particularly when sitting down. Splashing the breasts with cold water after the exercises is most beneficial as a muscle bracer.

Exercise 3



Stand erect, with shoulders back and tummy in. Clench the fists and tuck them under the arm-pits. Describe circles in the air with the points of the elbows, bringing them forwards, upwards, backwards and down. Repeat this 10 times.

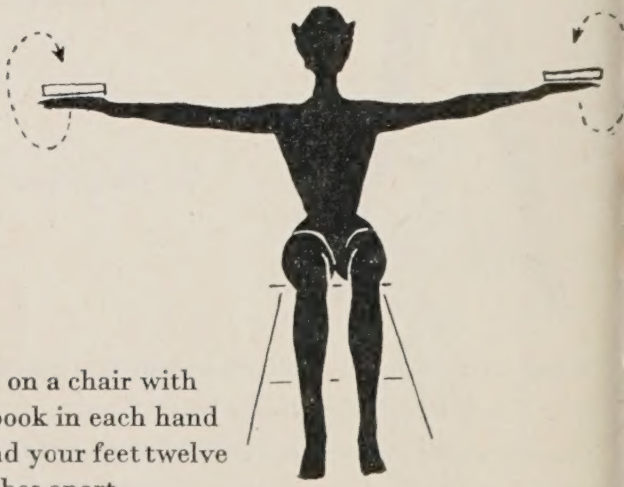
Exercise 4

Stand correctly and keep your arms straight at your sides. Raise them to the level of your shoulders, palms downwards. Now bring your arms forward and cross them scissors-wise in front of your body, the right over the left. Fling them back to the original position, then cross your arms in front again, but with the left arm over the right, and repeat. Stand correctly all the time and keep your arms straight. Repeat 20 times.

STREAMLINING THE DIAPHRAGM

These muscles can easily get slack and turn into that unbecoming roll. Take a few deep breaths whenever you can—holding them by contracting the diaphragm and expelling them very slowly.

Exercise 5



Sit on a chair with a book in each hand and your feet twelve inches apart.

Stretch your arms out at shoulder level with the books resting on your upturned palms. Be sure to press your arms back and down as hard as you can, then make tiny circles with your arms going up, back, down and forward. Do this ten times, then make larger circles ten times more.

Exercise 6

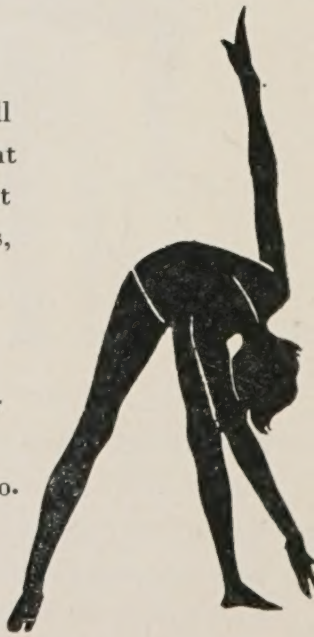
Place the left leg on a stool about two feet from the ground. Clasp the hands behind the head, and keeping the right leg straight, bend until the left elbow touches the left leg. Do this five times. Repeat with the right leg and right elbow.

SLIMMING THE WAIST

When having a bath deep pinching or scrubbing the waist area with a soft brush or loofah will help to reduce any surplus fat and make for suppleness.

Exercise 7

Stand correctly with feet well apart and your hands straight at your sides. Swing the right arm backwards and upwards, over your head and then down towards the left foot. Touch the foot if possible. At the same time swing your left arm backwards in a straight line as far as it will go. Repeat this ten times, then reverse the arms and repeat.



Exercise 8

Stand correctly with feet well apart and parallel with one another. Swing both arms over your head, then bend your body as far as possible to the right side without allowing the hips to move out of position. Come straight up again and repeat to the left side.
Repeat this 16 times.

TAILORING HIPS AND THIGHS

Correct carriage is essential for good balance. Bad balance by undue strain can broaden the hips and thicken the thighs. Walk with a swing. Heavy plodding jars the hips besides being unattractive.

Exercise 9

Sit on the floor with the legs bent outwards and the soles of the feet together. Place the hands on the fatty pad on the inside of the knees and rock sideways on the hips, pressing the knees downwards as you rock.

Repeat 16 times.

Exercise 10

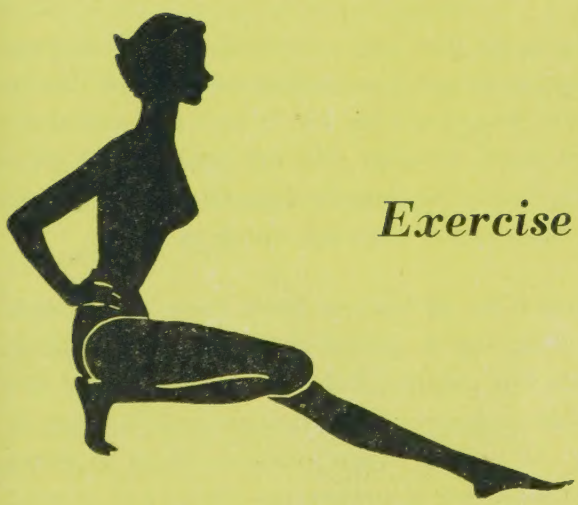
Stand in the correct posture and keep this posture while you take both arms forward and up over your head. Keep the arms in a line with the ears and bend forwards and downwards as far as you can. The knees must be kept tensed and over the arches of the feet, and the weight must be balanced on the toes. Come up by first contracting the buttocks and bringing the hips up. Then draw up from the waist to the original position and bring the arms down to the sides. Repeat 16 times.

TAPERING CALVES AND ANKLES

Walking in well fitting, well balanced shoes slims the ankles and fines down the calves. Badly balanced shoes will upset the carriage, throwing extra strain on the hips and thickening calves and ankles.

Exercise 11

Lie flat on the floor. Bend your left leg, keeping foot on the floor, swing the right foot over the bent knee and twist the right foot in wide circles using the ankle as an axis. After 15 circles reverse the direction. Repeat with the left foot.



Exercise 12

Stand with right foot forward, keeping torso erect. Lower yourself, using your left leg as chief support, until your left hip rests on your left ankle. Rise up again and kick your right leg up. Do this five times, then reverse the position of your legs and repeat.

Eating to get Slim

Eating to get slim may sound topsy-turvy to you. Not eating to get slim sounds much more like it. And yet it need not be. For it isn't *how much* you eat so much as *what* you eat that affects your weight. So dieting is really a question of eating the right foods rather than not eating at all.

Because a lot of women don't know this simple fact, slimming is purgatory for them. Granted, they do lose pounds. But in the process, they also lose their tempers, their manners and their joy in living. All this is easily avoided. As in so many other things, use commonsense. Don't aim to get a stone off a week. Don't cut your food intake to nothing. Don't take drugs (unless your doctor tells you to).

To help you tackle your weight problem sensibly and enjoyably, we give you here some general hints on dieting and some foods to be avoided. Follow the advice given and you will check any increases in weight.

General hints

On rising, drink a glass of hot water.
No food should be eaten between meals.
No food should be cooked in fat or oil.
Use saccharine instead of sugar.
Use no salt except in cooking.
Eat plenty of green vegetables and salads—
but no potatoes.
Eat fruit, but not more than 1 lb. of fresh fruit or its equivalent a day.
Avoid tinned fruits, dried and
crystallised fruits—they contain sugar.

Forbidden food

Sugar, bread, pastry, sweet cakes and biscuits,
cereals, including rice and noodles, sweets,
mayonnaise and salad cream, sauces,
especially those made with flour, alcohol.

***Milk** should be rationed to $\frac{1}{2}$ pint a day.*
***Butter & Margarine** to a total of $\frac{3}{4}$ oz. daily.*

Your 14-day summer diet

This balanced, scientific diet has been specially prepared by an eminent dietician. Keep it by you for reference.

1st day

Breakfast 6 oz. melon.
Slice of cold lean ham (2 oz.).
2 slices Ryvita with butter
from day's ration.
Tea or coffee with milk
from day's ration.
A teaspoonful of marmalade.

Mid-morning Fruit juice or lemonade (no sugar).

Lunch 3 oz. salmon (fresh or tinned).
Lettuce and cucumber salad.
1 slice Ryvita with butter
from ration.
Redcurrants (4 oz.) and
raspberries (4 oz.) with jam whip
made from 2 whites of egg and a
teaspoonful of jam.

Tea Tea with milk from day's ration.
2 slices of Ryvita with butter
from day's ration.
Sandwich spread.
A teaspoonful of jam.

Evening meal Fruit juice drink.
Cheese omelette (2 eggs).
Grilled tomatoes.
1 slice Ryvita with butter
from day's ration.
Lemon snow (made from 5 oz.
milk, white of half an egg, 2
teaspoons cornflour, lemon and
saccharine).
Coffee with milk from day's ration.

2nd day

Breakfast Fresh fruit in season.
1 poached egg.
2 slices Ryvita with butter from day's ration.
Tea or coffee with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Fruit drink.

Lunch 3 oz. grilled lean meat cutlet.
2 oz. peas, grilled mushrooms,
2 oz. raw carrots.
Orange and lemon jelly.
Coffee with milk from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
Meat paste,
A teaspoonful of jam.

Evening meal Cold consomme,
2 oz. corned beef.
Green salad (lettuce, tomatoes, beetroot).
2 slices Ryvita with butter from day's ration.
Blackcurrant fool (made from $5\frac{1}{2}$ oz. blackcurrants, $\frac{1}{2}$ egg, 2 oz. milk, $\frac{1}{2}$ oz. cream, other fruit in season can be used).
Iced coffee or lemonade.

3rd day

Breakfast Tomato juice.
2 oz. baked beans.
2 slices Ryvita with butter from day's ration.
A teaspoonful of marmalade.

Mid-morning Cup of coffee or fruit juice.

Lunch ½ grapefruit.
3 oz. mixed grill.
Runner beans, as much as you like.
2 oz. new carrots.
1 slice Ryvita with butter from day's ration.
Cold strawberry souffle, (¼ lb. strawberries, ¼ oz. gelatine, white of 1 egg, ½ oz. cream, saccharine for sweetening).

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
2 oz. prawns.
A teaspoonful of jam.

Evening meal Consomme Julienne,
Ham omelette (2 eggs).
Cauliflower as much as desired.
1 slice Ryvita with butter from day's ration.
Vanilla ice (3½ oz. milk, 1 egg, saccharine, vanilla, gelatine).
Coffee with milk from day's ration.

4th day

Breakfast 1 apple.
1 kipper.
2 slices Ryvita with butter from day's ration.
Tea or coffee with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Coffee or orangeade.

Lunch Orange juice.
Meat (3 oz.) in aspic jelly.
Summer salad as much as you like.
1 slice Ryvita with butter from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
Sandwich filling, made from dates ($\frac{1}{2}$ oz.) banana and lemon juice.
A teaspoonful of jam.

Evening meal Pea soup.
2 oz. grilled steak or other meat.
Spinach as much as you like.
New turnips as much as you like.
1 slice Ryvita with butter from ration.
Honeycomb mould ($3\frac{1}{2}$ oz milk from day's ration, $\frac{1}{2}$ egg, gelatine, saccharine).
Coffee with milk from day's ration.

5th day

Breakfast Stewed apples.
1 grilled sausage with 2 tomatoes.
2 slices Ryvita with butter from days' ration.
Coffee or tea with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee with milk from day's ration or fruit drink.

Lunch 4 oz. baked turbot.
Spinach, as much as you like.
2 oz. peas.
1 slice Ryvita with butter from day's ration.
1 oz. trifle (made with 1 sponge cake, $\frac{1}{4}$ oz. custard powder, milk from ration, a teaspoonful of jam).
Coffee with milk from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
$\frac{1}{2}$ oz. cheese and all the celery you want.
A teaspoonful of jam.

Evening meal 2 oz. casseroled lamb's tongues.
Tomato puree.
French beans, as much as desired.
1 slice Ryvita with butter from day's ration.
Fruit in season, set in jelly (make with gelatine and saccharine).

6th day

Breakfast Orange juice. 1 scrambled egg.
2 slices Ryvita with butter from day's ration.
Coffee or tea with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Coffee or tea with milk from day's ration, or lime juice.

Lunch 2 oz. roast lamb and mint sauce.
Cauliflower, as much as wanted.
1 baby marrow.
1 slice Ryvita with butter from day's ration.
Jellycream, made with 5 oz. of milk (extra to day's ration).

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
1 oz. crabmeat.
A teaspoonful of jam.

Evening meal 1 slice Ryvita with butter from day's ration.
Creamed chicken (2 oz.) made with $\frac{1}{2}$ oz. cream,
2 oz. peas.
Raspberry mousse (1 egg white, $\frac{1}{4}$ oz. castor sugar, gelatine,
2 oz. fruit).
Coffee with milk from day's ration.

7th day

Breakfast Stewed prunes (4).
4 oz. smoked haddock.
2 slices Ryvita with butter from day's ration.
Coffee or tea with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee with milk from day's ration, or orangeade.

Lunch Asparagus soup.
Meat rissole (2 oz. beef, onion, $\frac{1}{4}$ oz. flour, egg to bind, baked with $\frac{1}{4}$ oz. cooking fat).
Cabbage, as much as you like.
4 oz. carrots.
1 banana.
1 slice of Ryvita with butter from day's ration.

Tea Tea with milk from day's ration.
2 slices of Ryvita with butter from day's ration.
$\frac{1}{2}$ oz. dates and $\frac{1}{4}$ oz. chopped nuts

Evening meal 2 oz. cold roast lamb with mint sauce and mixed salad.
1 slice Ryvita with butter from day's ration.
$\frac{1}{2}$ oz. camembert cheese.
Coffee with milk from day's ration.

8th day

Breakfast ½ grapefruit.
Tea or coffee with milk from day's ration.
1 boiled egg.
2 slices Ryvita with butter from day's ration.
A teaspoonful of marmalade.

Mid-morning Coffee or tea with milk from day's ration, or fruit drink.

Lunch 3 oz. soused mackerel or herring.
2 oz. beetroot.
Lettuce as much as you like.
1 slice Ryvita, with butter from day's ration.
Stewed pears and 3½ oz. custard made from day's milk ration.

Tea Tea with milk from day's ration
2 slices of Ryvita with butter from day's ration.
½ oz. cream cheese.
A teaspoonful of jam.

Evening meal Oxtail jelly.
Grilled liver (2 oz.) and bacon (1 oz.)
1 slice Ryvita with butter from day's ration.
Rhubarb and apple.
Coffee with milk from day's ration.

9th day

Breakfast $1\frac{1}{2}$ oz. crushed unsweetened pineapple.
Tea or coffee with milk from day's ration. $1\frac{1}{2}$ oz. luncheon meat.
2 slices Ryvita with butter from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee with milk from day's ration or fruit juice drink.

Lunch Jellied eels (3 oz.).
Green salad as much as you like.
2 slices Ryvita with butter from day's ration.
Chocolate soufflé (grated chocolate $\frac{1}{2}$ oz., $\frac{1}{2}$ egg white, milk from day's ration).
Coffee with milk from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
A teaspoonful of jam.

Evening meal Hors d'oeuvres.
Ham and egg casserole, (1 egg, $\frac{3}{4}$ oz. lean ham, $1\frac{1}{2}$ oz. cooked green peas, stock). Tomatoes.
Strawberry cream ($\frac{1}{2}$ egg, $3\frac{1}{2}$ oz. milk from day's ration, 3 oz. strawberries, $\frac{1}{2}$ oz. cream gelatine).
Coffee with milk from day's ration, or fruit juice drink.

10th day

Breakfast ½ grapefruit.
4 oz. fillet of white fish, steamed with lemon.
2 slices Ryvita with butter from day's ration.
Tea or coffee with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee, with milk from day's ration or fruit drink.

Lunch Tomato soup.
Galantine of beef, (2 oz. lean meat, 1 egg, gelatine).
Shredded cabbage and 2 oz. beetroot.
2 slices Ryvita.
Stewed cherries and custard made from day's ration of milk.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
Sardine salad (2 sardines-no oil).
A teaspoonful of jam.

Evening meal 3 oz. grilled lean chops.
Runner beans.
Cauliflower, as much as you like.
Peach or pear jelly salad (fruit, ½ oz. chopped nuts, gelatine).
Coffee with milk from day's ration.

11th day

Breakfast Stewed rhubarb.
Bacon and egg cream ($\frac{1}{2}$ lean rasher, $\frac{1}{2}$ egg, $\frac{1}{2}$ tablespoon of breadcrumbs, $\frac{1}{2}$ tablespoon of milk).
2 slices Ryvita with butter from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee with milk from day's ration or lime juice.

Lunch Baked stuffed vegetable marrow (stuffed with 2 oz. sausage meat or 4 oz. fish, onion and $\frac{1}{2}$ oz. breadcrumbs). 4 oz. carrots.
Lemon snow (made with $3\frac{1}{2}$ oz. milk from ration, $\frac{1}{2}$ egg white, lemon, teaspoonful of cornflour and saccharine).

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration. Meat paste.
A teaspoonful of jam.

Evening meal Hamburgers (2 oz. lean minced meat, chopped onion, $\frac{1}{4}$ oz. flour, $\frac{1}{4}$ oz. cooking fat, seasoning).
Spinach puree (made with $\frac{1}{2}$ egg).
French beans as much as you like.
Raspberry ice cream (made with fruit, flavouring, milk from day's ration, gelatine and saccharine).

12th day

Breakfast Fruit compote.
Tomatoes stuffed with
1 hard-boiled egg.
1 oz. lean ham, (chopped).
2 slices Ryvita with butter
from day's ration.
Tea or coffee with milk
from day's ration.
A teaspoonful of marmalade.

Mid-morning Tea or coffee with milk from
ration or orangeade.

Lunch Beef olives (3 oz. thinly sliced
meat wrapped around forcemeat
stuffing made from $\frac{1}{2}$ oz. bread-
crumbs, parsley, herbs and
enough egg for binding).
Cauliflower, as much as you like.
2 oz. carrots.
Jellycream ($3\frac{1}{2}$ oz. milk from
ration, gelatine and saccharine).

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from
day's ration.
$\frac{1}{2}$ oz. Gruyere cheese.
1 banana.

Evening meal Pea soup.
Lobster, $3\frac{1}{2}$ oz. with salad.
2 slices Ryvita with butter
from day's ration.
Fruit salad.
Coffee with milk from day's ration.

13th day

Breakfast ½ grapefruit.
3 oz. grilled bloater.
2 slices Ryvita with butter from day's ration.
Tea or coffee with milk from day's ration.
A teaspoonful of marmalade.

Mid-morning Iced fruit drink.

Lunch Asparagus soup.
Stuffed roast heart (3 oz. heart and forcemeat stuffing, made from ½ oz. breadcrumbs, parsley, mixed herbs and enough egg to bind).
Grilled tomatoes and cauliflower.
Raisins (½ oz.) in lemon jelly (made from gelatine and saccharine).
Coffee with milk from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
Welsh rarebit (½ oz. cheese, ¼ oz. fat, milk from ration.).

Evening meal Tomato soup.
Mushroom omelette (1 egg).
Scarlet runners.
Spinach, as much as you like.
2 slices Ryvita with butter from day's ration.
Fresh fruit.
Coffee with milk from day's ration.

14th day

Breakfast Tomato juice.
3 oz. brawn.
2 slices Ryvita with butter from day's ration.
Tea or coffee with milk from day's ration.

Mid-morning Tea or coffee with milk from ration or fruit drink.

Lunch Braised steak, 2 oz. and kidney ½ oz.
2 oz. peas.
4 oz. carrots.
Lemon egg jelly (½ egg, gelatine, lemon, saccharine).
Coffee with milk from day's ration.

Tea Tea with milk from day's ration.
2 slices Ryvita with butter from day's ration.
Sandwich spread.
A teaspoonful of jam.

Evening meal Grilled trout (3 oz.).
French beans as much as you like.
Cauliflower all you want.
2 slices Ryvita with butter from day's ration.
½ oz. cheese or blackberry sponge (5½ oz. fruit, gelatine, saccharine, ½ white of egg).
Coffee with milk from ration.

Important Note

The choice of fruit and vegetables depends on the season and may be varied from that given in the menus. Four meals a day are provided but the same food may be taken as three or five meals daily to suit individual needs. Meals may be interchanged with those of other days, but lunch should only be exchanged for lunch of another menu, or the evening meal with that of another day.

Simple Measures

2 oz. meat
(1 *thin slice* 4 *inches by* 6 *inches.*)

4 oz. fish
(2 *medium sized fillets of plaice or sole.*)

1 oz. lean bacon
(1 *average gammon rasher.*)

2 oz. vegetables
(1 *tablespoonful.*)

Always ready to help . . .

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that makes

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keeps you slim

If you have found this book helpful and would like any of your friends to have a copy, simply write to RYVITA COMPANY, POOLE, DORSET, *for extra copies of* '*Slimming to Fashion*' (*Second Edition*).

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